



Clara Barton Seniors

November & December 2006

Wednesday 10:00 AM - 2:00 PM

Program Director: Joan Dorf - 7425 MacArthur Blvd . Cabin John . Maryland 301-229-0010

Clara Barton became a Neighborhood Senior Program in the autumn of 1996. It is a warm inviting group that always welcomes newcomers. The program sponsored by Montgomery County Department of Recreation meets Wednesday, 10:00 am to 2:00 pm. Drop in on Wednesdays, bring your lunch and try us out. Other activities for Seniors at Clara Barton include a volunteer led bridge time on Monday 12:15 pm to 2:00 pm. There is also a volunteer led ping pong group. There is an exercise class especially designed for Seniors using elastic bands for strength training which meets Monday and Wednesday, 11:15 am to 12:00 noon. This is sponsored by Kaiser Permanente, Suburban Hospital and Montgomery County Recreation. It is a free program but it does require a doctor's permission.

Inclement Weather Policy

When Montgomery County Public Schools are **closed**, all senior programs including lunch and transportation are **cancelled**.

If MCPS has a **delayed opening**, senior programs will meet as usual.

November

Wednesday, November 1

10:00am - 11:15am

Start The Day With Good Mental Health!

Licensed therapist Ginger Goodshalk will lead the discussion.

11:15am – 12:00noon

Senior Shape

Senior exercises developed by Suburban Hospital and Kaiser Permanente.

1:00pm – 2:00pm

Israel Today

Lecture by Roger Langsdorf

November 7 Election Day

Wednesday, November 8

10:00am – 11:15am

Coffee, Tea and Current Events

11:15am – 12:00noon
1:00pm – 2:00pm

Senior Shape – Exercises designed for seniors
“Recalling the Past” Discussion
Joan will facilitate this group conversation

Wednesday, November 15

10:30am - 11:15am

Montgomery County Police Department
Officer Mike Prather discusses Christmas scams

11:15am – 12:00 noon

Senior Shape
Exercise designed for seniors

1:00pm – 2:00pm

“Eating Healthy for the Holidays”
Jill John is a registered dietician from Suburban Hospital who will discuss how to make wise choices during the festivities of the season.

Wednesday, November 22

10:15am – 11:15am

Coffee, Tea and Current Events

11:15am – 12:00noon

Senior Shape
Exercises designed for seniors

1:00pm – 2:00pm

Yoga instruction
Led by Jo Alexander

November 23

Thanksgiving Day

Mini Trip with Potomac to the Baltimore Museum of Art, Tuesday, November 28, 10-2.

The cost for the trip is \$33 per person. There is no fee for the Museum and lunch is on your own at the Café in the BMA.

Wednesday, November 29

10:15am – 11:15am

Coffee, Tea and Current Events

11:15am – 12:00noon

Senior Shape
Exercises designed for seniors

1:00pm – 2:00pm

Joanne McGrew From “Stamping Up”
Joanne will bring fun holiday projects.

December

Wednesday, December 6

10:00am – 11:15am

Mental Health Discussion

11:15am – 12:00noon	Senior Shape
	Exercises designed for seniors
1:00pm – 2:00pm	Arts for the Aging Performer

Wednesday, December 13

10:00am -- 11:15am	Coffee, Tea and Current Events
11:15am - 12:00noon	Senior Shape
	Designed especially for seniors
1:00pm - 2:00pm	Jo Alexander Teaches Yoga

Friday, December 15 **CHANUKKAH begins**

Wednesday, December 20

10:00am – 11:15am	Coffee, Tea, and Conversation
11:15am – 12:00noon	Senior Shape
11:00am – 2:00pm	A Present For All!
	Dale Jarrett sings songs for the holidays

December 25 **Merry Christmas**

**Mini Trip to Wegmans Food Market, Hunt Valley MD,
December 27, 10-2. Cost of trip per person is \$33. Lunch is on
your own as you wander through this mega grocery store.**

Wednesday, December 27

10:00am – 11:15am	Mental Health Talk
11:15am – 12:00noon	Senior Shape By Suburban Hospital
1:00pm – 2:00pm	Pot Luck Holiday Lunch

HAPPY NEW YEAR!!